

HEALTH AND WELLNESS

(This SAC not available to Health Education or Physical Education Teacher Education Majors)

- I. **General Education:** Up to 6 sh of General Education may be used for the SAC by Elementary Education majors. Non-Elementary Education majors may take up to 9 sh of any of the General Education courses listed below.
 - BIO 1101* or BIO 1102* (Satisfies 4 SH of Science Inquiry: Biology & Society);
 - HED 1000** or HP 1105** or NUT 2202** (Satisfies 2 SH of Well Literacy);
 - NUT 2351*** (Satisfies 3 SH of Local to Global: Global Resources)

- II. **Health and Wellness Second Academic Concentration Requirements..... 18 SH**
 (Unless so noted below, courses cannot be interchanged between Section A and Section B)
 - A. **Select 11 SH from the following:11 SH**
 - HED 1000 Personal and Family Health**2 SH (F;S)
 - HED 2100 Introduction to Health Education.....3 SH (F)
 - NUT 2202 Nutrition and Health**3 SH (F;S)
 - HED 3120 Consumer Health Education3 SH (S)
 - HED 3450 School Health Programs3 SH (F;S)
 - HED 4650 Drug Education and Prevention.....3 SH (F;S)
 - HED/HPC 4710 Teaching Sex Education within a Family Context .3 SH (F;S)
 - HP 2200 Lifestyle Diseases and Risk Reduction3 SH (F;S)

 - B. **Select minimum of 7 SH from the following courses:.....7 SH**
 - HED 3645 Health Education in the Elementary School.....3 SH (F;S)
 (HED 3645 open only to and required for Elementary Education majors)

 - BIO 1101 Biology in Society I* **OR**
 - BIO 1102 Biology in Society II*4 SH (F;S)

 - HP 1105 Health and Fitness **2 SH (F;S)
 - NUT 2351 Global Nutrition: Emerging Health Challenges***3 SH (F;S)
 - NUT 2202 Nutrition and Health** (may be taken as part of the
 7 SH required in Part B, if not taken above for Part A)... 3 SH (F;S)

Contact Persons:

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